

Front Range League Relays

Location: Northglenn High School
601 W. 100th Place
Northglenn, CO
80260

Meet Schedule:

Saturday December 6, 2008

Warm Up **7:10 am – 9 am**

Relays **9 am**

Swimmers will be able to set up in the small gym adjacent to the pool.

Entries:

Swimmer can swim a total of 4 relays. Each school can enter an unlimited number of teams and each team can have an A and a B relay. Only A relays will score and we will score out to 14 places. The top 8 relays for each event will receive ribbons and the top team will receive a trophy. The meet will seeded by time. The heats will be decided off of seed times. Please send all entries with seed times to Hayley Miller, the legacy coach, by Wednesday December 3 via email, Hayley.Miller@Adams12.org.

Warm Up Schedule:

	1	2	3	4	5	6	7	8	9	10
7:05-7:30	Norse	Norse	Norse	Legacy	Legacy	Legacy	LHS/ MRHS	Mountain Range	Mountain Range	Mountain Range
7:35-7:55	Horizon	Horizon	Horizon	Monarch	Monarch	Monarch	Boulder	Boulder	Boulder	Boulder
7:55-8:20	Fairview	Fairview	Fairview	Fairview	Loveland	Loveland	Loveland	Poudre	Poudre	Poudre
8:20-8:45	Starts	Starts	Push Pace	Rocky Mountain	Rocky Mountain	Rocky Mountain	Fort Collins	Fort Collins	Fort Collins	Fort Collins
8:45-8:55	Starts	Starts	Push Pace	Push Pace	Starts	Starts	Starts	General	General	General

First warm up- 7:10 – 7:35

Second warm up- 7:35 - 8

Third warm up – 8 – 8:25

Fourth warm up – 8:25 – 8:50

During the swimming portion of the meet lane nine will be used as a buffer and lane ten will be used for warm up/warm down.

Events:

- 1) 200 Medley
- 2) 500 Crescendo (50, 100, 150, 200)
- 3) 400 IM (Everyone swims 100 IM)

20 Minute Break

- 4) 200 Freestyle
- 5) 200 Butterfly
- 6) 200 Back stroke
- 7) 200 Breast stroke
- 8) 400 Free Relay

Admission:

Adults: \$5.00

Students with I.D. and Seniors: \$4.00